



## FROZEN POP MOLDS

RECIPE • INSTRUCTION BOOKLET



### DONVIER™ FROZEN POP MOLDS

After school or any time of day, frozen treats are fun to make and even more fun to eat. Just pour your favorite flavor of yogurt, ice cream or fruit juice into the Donvier Frozen Pop Molds and freeze until solid. Make pops as nutritious and delicious as you like!

#### INSTRUCTIONS

- ❶ Fill molds with ice cream, yogurt or fruit juice and cover with lid.
- ❷ Insert a stick through the hole in each lid, leaving at least 1 1/2 inches (4 cm) exposed for a handle.
- ❸ Place filled molds in the freezer for at least 2 hours or until solid.
- ❹ To unmold, remove lid and gently squeeze the bottom or sides of each mold with one hand while pulling the stick with the other.

#### TIPS

- ❶ Eliminate air pockets by tapping the bottom of the mold with the stick several times before freezing.
- ❷ If frozen treats don't unmold easily, turn mold on its side and run lid and sides under warm water for 5 to 7 seconds. Remove lid. Gently squeeze bottom of mold while pulling on the stick to remove bars.
- ❸ If using store-bought ice cream, soften 5 to 7 minutes at room temperature before filling molds.
- ❹ To make layered pops, fill molds half or even one-quarter full, using the lines provided, and freeze. When frozen solid, add a contrasting layer.

## RECIPES:

### ICED TEA POPS

Use your favorite iced tea flavor to create these refreshing treats.

4 cups cold water . . . . . 1 L  
1/3 cup lemon, peach, tangerine  
or raspberry iced tea mix . . . . . 75 mL

In a medium bowl, combine water and iced tea mix, stirring until dissolved. Pour into Donvier® frozen pop molds. Insert sticks and freeze until solid. Makes 8 servings.

### CHOCOLATE QUIK-POPS

With more calcium than 1/3 cup (75 mL) of milk in each serving plus a big chocolate taste, these icy snacks are creamy, delicious and good for you!

1 can (385 mL) 2% evaporated milk . 1  
1/3 cup chocolate syrup . . . . . 75 mL  
1/2 tsp vanilla . . . . . 2 mL

In pitcher or bowl, combine evaporated milk, chocolate syrup and vanilla. Pour into Donvier® ice pop molds. Cover and put wooden sticks in place. Freeze for 3 to 4 hours or until firm. Makes 8 servings.

### ICE CREAM LATTE POPS

Who says adults can't chill out, too?  
Everyone will love these grown-up treats.

2 1/2 cups whipping cream . . . . . 625 mL  
2 egg yolks . . . . . 2  
1/2 cup brewed espresso coffee . . 125 mL  
3 tbsp sugar . . . . . 45 mL  
Pinch of cinnamon  
Pinch of nutmeg

Place all ingredients in a medium saucepan and whisk lightly to combine. Cook on low heat, stirring constantly, until mixture coats the back of a spoon, about 8 to 10 minutes. Remove pan from heat and transfer to Donvier® ice cream maker. Freeze mixture according to manufacturer's instructions.

Once mixture is frozen, spoon 1/3 cup (75 mL) into each mold. Cover with lid and insert sticks. Freeze until set, at least two hours. Makes 8 to 10 pops.

### EASY YOGURT POPS

Here's a fun way to get kids to eat their yogurt.

3 cups fruit-flavoured yogurt . . . . . 750 mL

Place yogurt in blender and whirl until smooth. Pour or ladle yogurt into cups, filling almost to the top. Cover with lid. Insert wooden stick in each. Freeze until firm, 5 hours or overnight. Makes 8 pops.

### LAYERED YOGURT POPS

For a cool-tasting and cool-looking treat, follow the directions above, but fill cups only halfway with one flavor of yogurt and then add the second flavor. Cover and freeze overnight. Low fat or fat free yogurt will freeze faster than regular yogurt.

### TUTTI-FRUTTI YOGURT POPS

Add a single fruit or combine your favorites.

2 cups plain or vanilla yogurt . . . . . 500 mL  
1 cup fresh or frozen fruit,  
eg. banana slices, orange wedges,  
strawberries, raspberries . . . . . 250 mL  
2-4 tbsp honey . . . . . 25-45 mL

In blender, purée yogurt and fruit until smooth. Sweeten with honey to taste. Pour mixture into a shallow container and freeze 30 minutes. Transfer to blender and blend for 1 minute. Pour slushy mixture into Donvier®

molds and freeze until firm. Makes 8 pops.

#### LEMON LIME COOLERS/CHILLERS

Cool off in the summer heat with these tart treats.

1/4 cup fresh squeezed lemon juice 45 mL  
1/4 cup fresh squeezed lime juice . . 45 mL  
2 1/2 cups water . . . . . 625 mL  
3/4 cup granulated sugar,  
or to taste . . . . . 175 mL  
1/4 tsp salt . . . . . 1 mL

In a small saucepan, combine juices, water, sugar and salt. Bring to a boil over medium heat, stirring to dissolve sugar. Remove from heat. Refrigerate until cool. Pour 1/3 cup (75 mL) juice into each mold. Top with lid and insert sticks. Freeze 3 hours or overnight. Makes 8 to 10 pops.



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